https://www.mureka.ai/song-detail/5cv1RiFcboNPSjazMFLfwt?is_from_share=1

WOMEN,LADIES,&GIRLS FITNESS CLASSES✓
SUPERCAROLYN BENCHPRESS DUBSET 6
*6@379LB.DECLINE FLIES OR PRESS 6*6@479LB.
TRI-SET
Pullovers 5
*8@240 lb.Bentovwrsrows5*9@340lb.
Chinup to Pullups ,4 Variations
5

*10@151 lb.AMRAP POWER FAILURE ZONEReversepushups 16*160,4*320lb.,11*250,7
*275lb DeadLifts 13*315LB.,6*325LB.,3*393LB.
POWER CHEAT CURLS POTENCY 9*200,8*250,3
*279.11LB.Heavy ControL Concentration GIRL-CURLS 16*100,15*105ponds,4*159lb..
Snatch 1
*1@139lb.CLEANEDJERKED /PSALMS109\CHRISTJESUS 2*135LB.
SQUATS 10*409,6*419LB.,4

*590LB.DOUBLE-SETFRONTSQUAT 4*14@200LB.
GOBLETSQUAT 4

*14@100LB.DUBBED SET Legextentions 4*14@290lb.
Leg curls 4

*14@145 lb.3-SETAbdominaL CabLe Crunch 9*9@90 pounds
Weighted Crunches 9
*9@180 lb.PLank 9*9@270 lb .
KOREAN,CHIBESE,JAPANSE,&AMERICAN MARTIAL-VARTS✓
ORANGE THEORY ✓
Jog or run between exercises,sets,& repetitions ✓

Static FuntionaLity√
Dynamic FunctionaLity✓
FRATERNAL TWIN SET
875 Neck ups✓✓✓✓✓
LEGRAISES 5*25✓✓✓✓✓
https://www.mureka.ai/song-detail/TePjTAPstr9MFxaQ9kLGZK?is_from_share=1
ELOHIM- VIA- CHRISTJESUS/,,
http://books.dreambook.com/captainmotorcycle

Here is a clear summary and detailed breakdown of the advanced women's fitness class workout described, including techniques, sets, and exercises for bodybuilding and martial arts cross-training. The workout features heavy strength training, advanced set structures, and cross-discipline components designed for strong women, fitness competitors, and martial arts practitioners.

Workout Overview

This program combines strength training (bench, squat, deadlift, curls), functional abs and legs, advanced variations (tri-sets, double-sets), and martial arts conditioning. There are explicit references to high-volume and heavy weightlifting sets, tempo variations, and integrated athletic drills.

Key Components and Exercises

- **Chest & Arms**
    - Bench Press: 6 sets of 6 reps at 379 lbs (advanced, for highly trained lifters)
    - Decline Dumbbell Flies/Press: 6 sets of 6 at 479 lbs
    - Tri-set (performed sequentially with little rest):
        - Pullovers: 5 × 8 @ 240 lbs
        - Bent-over Rows: 5 × 9 @ 340 lbs
        - Chin-ups to Pull-ups (4 variations): 5 × 10 @ 151 lbs
    - Power Failure Zone: Reverse pushups, deadlifts, cheat curls with heavy weights and varied rep schemes
- **Deadlifts & Legs**

    - Deadlifts: 13 × 315, 6 × 325, 3 × 393 lbs (high volume, strength focus)
    - Squats: 10 × 409, 6 × 419, 4 × 590 lbs (very advanced strength)
    - Double Set:
        - Front Squat: 4 × 14 @ 200 lbs
        - Goblet Squat: 4 × 14 @ 100 lbs
        - Leg Extensions & Curls: 4 × 14 each @ heavy weights
- **Arms & Speed**
    - Power Cheat Curls: 9 × 200, 8 × 250, 3 × 279.11 lbs
    - Heavy Concentration Girl-Curls: 16 × 100, 15 × 105, 4 × 159 lbs
    - Olympic Lifts:
        - Snatch: 1 × 1 @ 139 lbs
        - Clean & Jerk: 2 × 135 lbs, with reference to “PSALMS109\CHRISTJESUS” (motivational)
- **Core & Functional Abdominal**
    - Cable Crunch: 9 × 9 @ 90 lbs
    - Weighted Crunch: 9 × 9 @ 180 lbs
    - Plank: 9 × 9 @ 270 lbs (weighted, likely with resistance)
- **Martial Arts Conditioning**
    - Explicit references to Korean, Chinese, Japanese, and American martial arts conditioning
    - Orange Theory integration: Jog/run between sets/reps for conditioning
    - Static and dynamic functionality drills for martial arts application
    - Neck Ups (fraternal twin sets): 875 repetitions (massive volume for neck strength)
    - Leg Raises: 5 × 25 reps

Interdisciplinary Integration

- This program incorporates martial arts training principles (timing, dynamic functionality, static holds) alongside bodybuilding strength moves.
- There is a “fraternal twin set” for neck and core stability, likely supporting martial arts grappling and foundational strength.
- Conditioning elements (“Jog or run between exercises, sets, & repetitions”) increase aerobic base and overall work capacity.

Notes and Motivation

- Heavy weights and high sets make this workout suitable only for very advanced, experienced women in strength sports or martial arts competition.
- Scriptural/faith-based references (ELOHIM, CHRISTJESUS, Psalms 109) are likely used for motivational purposes, reflecting the inclusion of personal belief.
- Online links referenced do not provide additional actionable workout details but are likely supplementary for broader context.

This training outline provides a foundation for building a highly advanced women’s strength and martial arts hybrid workout routine, blending high-intensity bodybuilding, Olympic lifting, modern fitness principles, and martial arts-specific conditioning for maximum athletic performance.